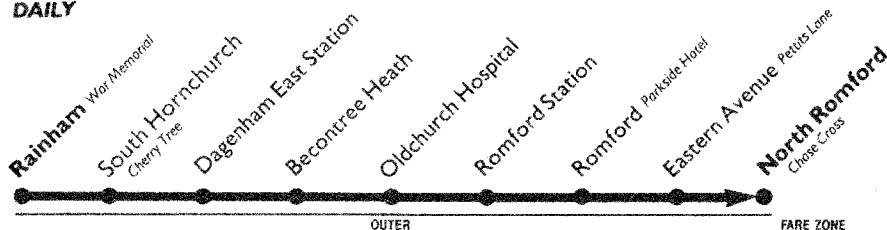


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Mondays to Fridays

Rainham War Memorial	0545	0606	0626	0643	0701	0718	0727		0857	0907	0917	0927	0932	0942
South Hornchurch Cherry Tree	0550	0610	0630	0647	0705	0722	0731	Then every 10 minutes until	0901	0911	0921	0931	0936	0946
Dagenham East Station	0557	0617	0637	0654	0712	0729	0740		0910	0920	0930	0940	0943	0953
Becontree Heath Civic Centre	0604	0624	0644	0701	0719	0736	0748		0918	0928	0938	0948	0950	1000
Romford Station	0612	0632	0652	0709	0727	0745	0757		0927	0937	0947	0957	0959	1009
Romford Market	0615	0635	0655	0712	0730	0748	0800		0930	0940	0950	1000	1002	1012
Romford North Street Garage	0618	0638	0658	0715	0733	0751	0803		0933	0943	0953	1003	1005	1015
North Romford Chase Cross	0627	0647	0707	0715	0724	0732	0752	0800	0942	0955	1005	1015	1027	
Rainham War Memorial	0952	1002	1013	Then at 25 37 49 01 13	1513	1524	1535	1546	1558	1609	1618		1758	
South Hornchurch Cherry Tree	0956	1006	1017	these mins. 29 41 53 05 17	1517	1528	1539	1550	1602	1613	1622	Then every 10 minutes until	1802	
Dagenham East Station	1003	1013	1024	these mins. 36 48 00 12 24	1524	1535	1546	1557	1609	1621	1630		1810	
Becontree Heath Civic Centre	1010	1020	1031	past 52 04 16 28 40	1531	1542	1553	1604	1616	1628	1637		1817	
Romford Station	1019	1029	1040	each 55 07 19 31 43	1540	1551	1602	1614	1626	1638	1647		1827	
Romford Market	1022	1032	1043	hour 58 10 22 34 46	1543	1554	1606	1618	1630	1642	1651		1831	
Romford North Street Garage	1025	1035	1046	10 22 34 46 58	1546	1557	1609	1621	1633	1645	1654		1834	
North Romford Chase Cross	1037	1047	1058		1558	1610	1622	1634	1646	1658	1707		1847	
Rainham War Memorial	1806	1813	1826	1836	1846	1856	1906	1921	1936	1947	2006	Then at these minutes past each hour	2336	0006
South Hornchurch Cherry Tree	1810	1817	1830	1840	1850	1900	1910	1925	1940	1951	2010		2340	0010
Dagenham East Station	1818	1825	1838	1847	1857	1907	1917	1932	1947	1958	2017		2347	0017
Becontree Heath Civic Centre	1825	1832	1845	1854	1904	1914	1924	1939	1954	2005	2024		2354	0024
Romford Station	1835	1841	1854	1903	1913	1923	1932	1947	2002	2013	2032		0002	0032
Romford Market	1836	1844	1857	1906	1916	1926	1935	1950	2005	2016	2035		0005	0035
Romford North Street Garage	1841	1847	1900	1909	1919	1929	1938	1953	2008	2019	2038		0008	0038
North Romford Chase Cross	1857	1910		1927	1947		2017		2047				0017	

Saturdays

Rainham War Memorial	0537	0607	0627	0647	0707	0727	0747	0807	0826	0844	0900	0919	0929	0939	0948	1000
South Hornchurch Cherry Tree	0541	0611	0631	0651	0711	0731	0751	0811	0830	0848	0904	0923	0933	0943	0952	1004
Dagenham East Station	0549	0618	0638	0658	0718	0738	0758	0818	0837	0855	0912	B	0931	0941	0951	1009
Becontree Heath Civic Centre		0625	0645	0705	0725	0745	0805	0825	0844	0902	0920	0930	0939	0949	0959	1008
Romford Station		0633	0653	0713	0733	0753	0813	0833	0852	0911	0929	0939	0948	0958	1008	1018
Romford Market		0636	0656	0716	0736	0756	0816	0836	0855	0914	0932	0942	0951	1002	1012	1022
Romford North Street Garage		0639	0659	0719	0739	0759	0819	0839	0858	0917	0935	0945	0954	1005	1015	1025
North Romford Chase Cross		0629	0648	0708	0728	0748	0808	0828	0848	0907	0926	0944	0954	1005	1017	1027
Rainham War Memorial	1010	Then at 20 30 40 50 00 10						1750	1758	1806	1819	1827	1836	1851	1906	1936
South Hornchurch Cherry Tree	1014	these mins. 24 34 44 54 04 14						1754	1802	1810	1823	1831	1840	1855	1910	1940
Dagenham East Station	1021	these mins. 31 41 51 01 11 21						1801	1809	1817	1830	1838	1847	1902	1917	1947
Becontree Heath Civic Centre	1028	past 38 48 58 08 18 28						1808	1816	1824	1837	1845	1854	1909	1924	1954
Romford Station	1038	each 52 02 12 22 32 42						1818	1824	1832	1845	1853	1902	1917	1932	2002
Romford Market	1042	hour 55 05 15 25 35 45						1822	1827	1835	1848	1856	1905	1920	1935	2005
Romford North Street Garage	1045	07 17 27 37 47 57						1825	1830	1838	1851	1859	1908	1923	1938	2008
North Romford Chase Cross	1057							1837		1847	1900		1917		1947	2017
Rainham War Memorial	2036	Then at 06 36						2336	0006							
South Hornchurch Cherry Tree	2040	these mins. 10 40						2340	0010							
Dagenham East Station	2047	these mins. 17 47						2347	0017							
Becontree Heath Civic Centre	2054	past 24 54						2354	0024							
Romford Station	2102	each 32 02						0002	0032							
Romford Market	2105	hour 35 05						0005	0035							
Romford North Street Garage	2108	47 17						0008	0038							
North Romford Chase Cross	2117							0017								

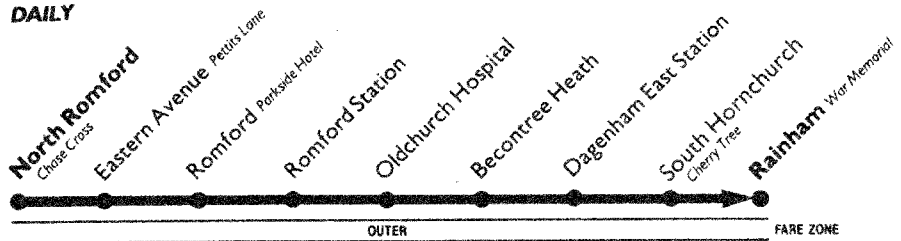
Sundays (and National Public Holidays)

Rainham War Memorial	0706	0751	0836	0921	1006	1051	1136	Then at these minutes past each hour	06 36			2336	0006
South Hornchurch Cherry Tree	0710	0755	0840	0925	1010	1055	1140		10 40			2340	0010
Dagenham East Station	0717	0802	0847	0932	1017	1102	1147		17 47			2347	0017
Becontree Heath Civic Centre	0724	0809	0854	0939	1024	1109	1154		24 54	UNTIL		2354	0024
Romford Station	0732	0817	0902	0947	1032	1117	1202		32 02			0002	0032
Romford Market	0735	0820	0905	0950	1035	1120	1205		35 05			0005	0035
Romford North Street Garage	C	0738	0823	0908	0953	1038	C	1123	1208	hour	38 08	0008	0038
North Romford Chase Cross	0650	0747	0832	0917	1002	1047	1132	1217	47 17			0017	

B - Continues to or starts from Becontree Heath Bus Station.
C - Starts from Romford Parkside Hotel.

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Mondays to Fridays

North Romford Chase Cross	0932	0944	Then	56	08	20	32	44	1520	1532	1544	1556	1608	1620	1632	1643
Romford North Street Garage	0944	0954	at	06	18	30	42	54	1530	A	1542	1554	1606	1617	A	1629
Romford Market	0947	0957	these	09	21	33	45	57	1533	1539	1545	1557	1609	1620	1626	1632
Romford Station	0950	1000	minutes	12	24	36	48	00	UNTIL	1536	1542	1548	1600	1612	1623	1629
Becontree Heath Civic Centre	0959	1009	past	21	33	45	57	09	1545	1551	1557	1610	1622	1633	1639	1645
Dagenham East Station	1006	1016	each	28	40	52	04	16	1552	1558	1604	1618	1630	1641	1647	1653
South Hornchurch Cherry Tree	1014	1024	hour	36	48	00	12	24	1600	1606	1612	1626	1638	1649	1655	1701
Rainham War Memorial	1018	1028		40	52	04	16	28	1604	1610	1616	1630	1642	1653	1659	1705
North Romford Chase Cross	1653			1803	1818	1822	1832	1847	1852	1902	1922	Then	52	22	2322	2352
Romford North Street Garage	1702	Then	every	1812	1827	1831	1841	1856	1901	1911	1930	at	00	30	2330	2400
Romford Market	1705			1815	1830		1843	1858		1913	1932	these	02	32	2332	2400
Romford Station	1708	10		1818	1833		1846	1901		1916	1935	mins.	05	35	2335	2400
Becontree Heath Civic Centre	1718	minutes	until	1828	1842		1855	1910		1924	1943	past	13	43	2343	2400
Dagenham East Station	1726			1836	1849		1902	1917		1931	1950	each	20	50	2350	2400
South Hornchurch Cherry Tree	1734			1844	1857		1910	1925		1938	1957	hour	27	57	2357	2400
Rainham War Memorial	1738			1848	1901		1914	1929		1942	2001	31	01		0001	2400

Additional buses, Mondays to Fridays: North Romford Chase Cross to Romford North Street Garage at 1012 and 1934.

Saturdays

North Romford Chase Cross	0932	0942	0952	1002	1012	1022	1032	1042	1052	1102	1112	1122	1132	1142	1152	1202
Romford North Street Garage	0942	A	0952	1002	1012	1022	1032	1042	1052	1102	1112	1122	1132	1142	1152	1202
Romford Market	0945	0951	0955	1005	1015	1025	1035	1045	1055	1105	1115	1125	1135	1145	1155	1205
Romford Station	0949	0955	0959	1009	1019	1029	1039	1049	1059	1109	1119	1129	1139	1149	1159	1209
Becontree Heath Civic Centre	0957	1003	1009	1019	1030	1040	1050	1100	1110	1120	1130	1140	1150	1200	1210	1220
Dagenham East Station	1004	1010	1016	1026	1037	1047	1057	1107	1117	1127	1137	1147	1157	1207	1217	1227
South Hornchurch Cherry Tree	1011	1017	1023	1033	1044	1054	1104	1114	1124	1134	1144	1154	1204	1214	1224	1234
Rainham War Memorial	1015	1021	1027	1037	1048	1058	1108	1118	1128	1138	1148	1158	1208	1218	1228	1238
North Romford Chase Cross	2022	Then	52	22	2322	2352	0022									
Romford North Street Garage	2030	at	00	30	2330	2400	0030									
Romford Market	2032	these	02	32	2332											
Romford Station	2035	minutes	05	35	2335											
Becontree Heath Civic Centre	2043	past	13	43	2343											
Dagenham East Station	2050	each	20	50	2350											
South Hornchurch Cherry Tree	2057	hour	27	57	2357											
Rainham War Memorial	2101		31	01	0001											

North Romford Chase Cross	0656	0752	0837	0922	1007	1052	1137	1222	1307	1392	1477	1562	1647	1732	1817	1902
Romford North Street Garage	A	0704	0800	0845	0930	1015	1100	1185	1270	1355	1440	1525	1610	1695	1780	1865
Romford Market	0632	0706	0802	0847	0932	1017	1102	1187	1272	1357	1442	1527	1612	1697	1782	1867
Romford Station	0635	0709	0805	0850	0935	1020	1105	1190	1275	1360	1445	1530	1615	1700	1785	1870
Becontree Heath Civic Centre	0643	0717	0813	0858	0943	1028	1113	1198	1283	1368	1453	1538	1623	1708	1793	1878
Dagenham East Station	0650	0724	0820	0905	0950	1035	1120	1205	1290	1375	1460	1545	1630	1715	1800	1885
South Hornchurch Cherry Tree	0657	0731	0827	0912	0957	1042	1127	1212	1297	1382	1467	1552	1637	1722	1807	1892
Rainham War Memorial	0701	0735	0831	0916	1001	1046	1131	1216	1301	1386	1471	1556	1641	1726	1811	1896

Sundays (and National Public Holidays)

North Romford Chase Cross	0656	0752	0837	0922	1007	1052	1137	1222	1307	1392	1477	1562	1647	1732	1817	1902
Romford North Street Garage	A	0704	0800	0845	0930	1015	1100	1185	1270	1355	1440	1525	1610	1695	1780	1865
Romford Market	0632	0706	0802	0847	0932	1017	1102	1187	1272	1357	1442	1527	1612	1697	1782	1867
Romford Station	0635	0709	0805	0850	0935	1020	1105	1190	1275	1360	1445	1530	1615	1700	1785	1870
Becontree Heath Civic Centre	0643	0717	0813	0858	0943	1028	1113	1198	1283	1368	1453	1538	1623	1708	1793	1878
Dagenham East Station	0650	0724	0820	0905	0950	1035	1120	1205	1290	1375	1460	1545	1630	1715	1800	1885
South Hornchurch Cherry Tree	0657	0731	0827	0912	0957	1042	1127	1212	1297	1382	1467	1552	1637	1722	1807	1892
Rainham War Memorial	0701	0735	0831	0916	1001	1046	1131	1216	1301	1386	1471	1556	1641	1726	1811	1896

A - Starts from Romford North Street/The Avenue.

B - Continues to or starts from Becontree Heath Bus Station.